



# Roasted Cumberland Sausages and Colcannon with Apple & Sage Gravy and Tenderstem®

43

Classic 30-35 Minutes • 1 of your 5 a day



Potatoes



Spring Onion



Garlic Clove



Mature Cheddar Cheese



Cumberland Sausage



Tenderstem® Broccoli



Baby Spinach



Apple and Sage Jelly



Chicken Stock Paste

**Pantry Items**

Oil, Salt, Pepper, Butter, Plain Flour

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, grater, baking tray, frying pan, bowl, colander and lid.

## Ingredients

| Ingredients                | 2P        | 3P        | 4P        |
|----------------------------|-----------|-----------|-----------|
| Potatoes                   | 450g      | 700g      | 900g      |
| Spring Onion**             | 2         | 3         | 4         |
| Garlic Clove**             | 1         | 2         | 2         |
| Mature Cheddar Cheese** 7) | 30g       | 40g       | 60g       |
| Cumberland Sausage** 14)   | 4         | 6         | 8         |
| Tenderstem® Broccoli**     | 80g       | 150g      | 150g      |
| Baby Spinach**             | 100g      | 150g      | 150g      |
| Apple and Sage Jelly       | 25g       | 37g       | 50g       |
| Chicken Stock Paste        | 10g       | 15g       | 20g       |
| <b>Pantry</b>              | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Butter*                    | 15g       | 25g       | 30g       |
| Plain Flour*               | 1 tbsp    | 1½ tbsp   | 2 tbsp    |
| Water for the Gravy*       | 200ml     | 300ml     | 400ml     |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values for uncooked ingredient | Per serving 506g | Per 100g 100g |
|--|------------------|---------------|
| Energy (kJ/kcal)                       | 3039 / 726       | 601 / 144     |
| Fat (g)                                | 41.6             | 8.2           |
| Sat. Fat (g)                           | 17.2             | 3.4           |
| Carbohydrate (g)                       | 61.8             | 12.2          |
| Sugars (g)                             | 12.0             | 2.4           |
| Protein (g)                            | 30.1             | 6.0           |
| Salt (g)                               | 3.47             | 0.69          |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Prep Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop a large pan of **water** onto boil with  $\frac{1}{2}$  tsp salt for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar**.



## It's All Gravy

Meanwhile, pop the (now empty) frying pan on medium-high heat and add the **butter** (see pantry for amount).

Melt the **butter** gently, then stir in the **flour** (see pantry for amount). Continue to stir until combined - you've made a **roux**! Cook, stirring, until the **roux** is a medium-brown colour, 2-3 mins.

Stir in the **apple and sage jelly**, then gradually stir in the **water for the gravy** (see pantry for amount) and **chicken stock paste**. Bring to the boil, stirring out any lumps that form.

Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 10-12 mins.



## Bake the Sausages

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, pop the **sausages** on a baking tray.

When the oven is hot, roast on the top shelf until browned and cooked through, 20-25 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

Halfway through cooking, turn the **sausages** and add the **broccoli** to the tray. Drizzle with **oil** and roast for the remaining time until tender.



## Make your Colcannon

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir through the **spinach**, **cheese** and **half the spring onions**. Season with **salt** and **pepper**, then cover with a lid to keep warm.



## Wilt the Spinach

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **spinach**. Season with **salt** and **pepper** and add a splash of **water**. Stir-fry until wilted, 2-3 mins.

Add the **garlic** and stir-fry for 1 min more.

Once cooked, transfer to a bowl and cover to keep warm.



## Finish and Serve

When everything's ready, reheat the **gravy** if needed. Add a splash of **water** if it's a little thick.

Share the **sausages** and **colcannon** between your plates.

Scatter with the remaining **spring onion** and spoon the **apple and sage gravy** over the **sausages** to finish.

## Enjoy!